

## Sky Soldiers, Italian vets celebrate Liberation Day

Story and photo by Staff Sgt. Bruce Cobbeldick  
173rd ABCT Public Affairs Office

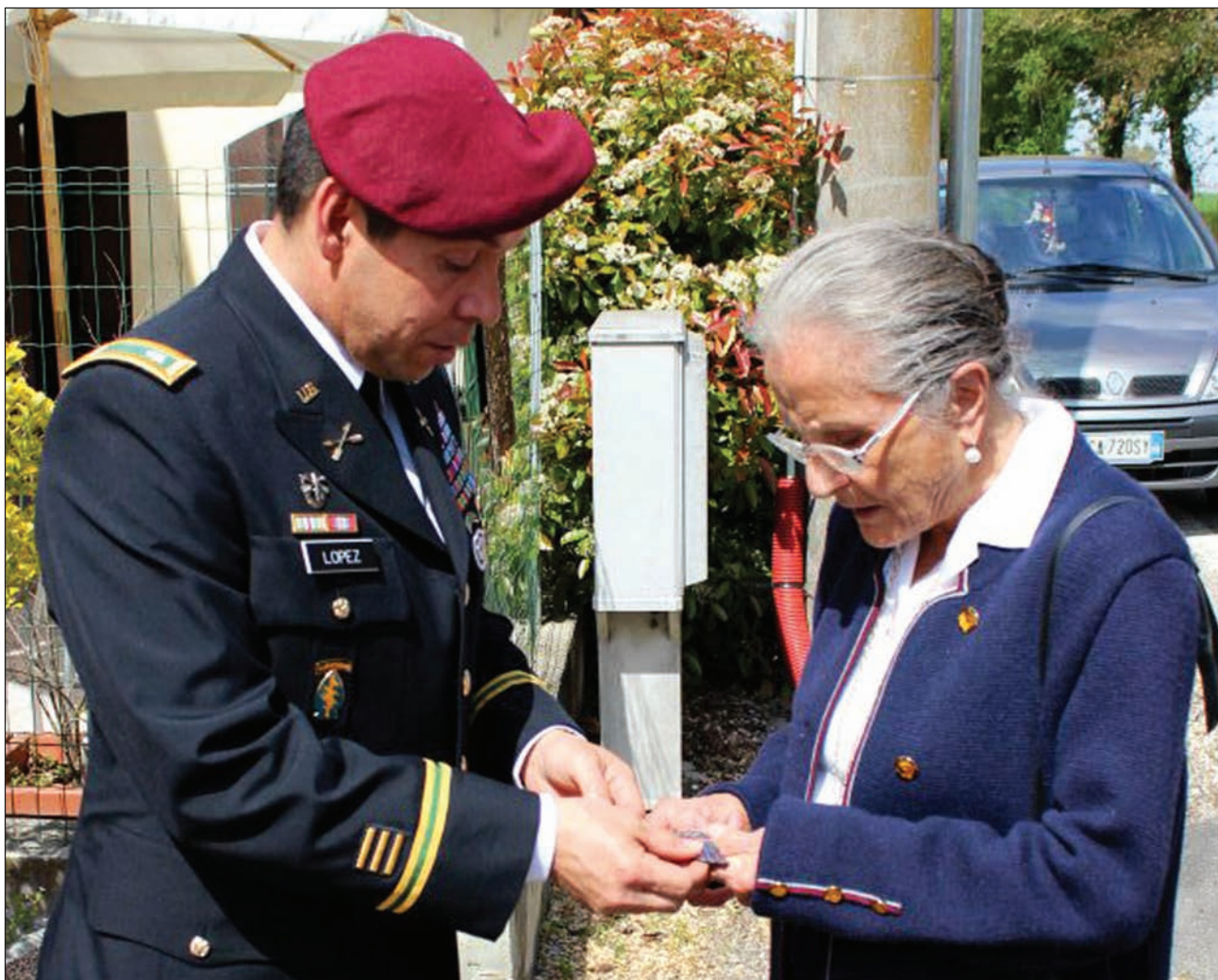
**POGGIO RUSCO** — Paratroopers of the 173rd Airborne Brigade Combat Team journeyed from their home station in Vicenza to celebrate Liberation Day with members of the Italian armed forces, police force, emergency services and war veterans. A series of events here April 25 culminated in a mid-afternoon luncheon that honored heroes from World War II, including Paola Del Din, Italy's premiere, pioneering female paratrooper.

The day began with opening ceremonies that saw Italian war veterans from various campaigns, including World War II, come together with civilians and family members, sharing stories and honoring those who gave their lives in order to fight for what they believe in and value. It was a special day for paratroopers – American and Italian alike – to share esprit de corps and honor the brave, courageous heroes who fought in campaigns past and present.

On hand for the celebration were the Sky Soldiers of the 173rd ABCT, led by Lt. Col. Joe Lopez of the Security Forces Assistance Team who participated in the Italian national holiday events. The group traveled to different battle sites sharing camaraderie with the local combat veterans, friends and family members. The day culminated as five Italian parachutists, sporting colors of the Italian flag, displaying their proficiency in parachuting by conducting a precision landing for the audience to appreciate what parachuting is all about.

Del Din spoke as a guest of honor at the event. Del Din, who earned the Italian Gold Medal, which equates to the American congressional's Medal of Honor, crossed battle lines and carried vital messages for the allies.

"Her sacrifices have the entire region here in awe of her strength and courage," said Cathi Moore, a long-time resident of Italy, whose husband has been in Italian military leadership roles here for decades. Moore, herself a former Camp Darby commander, introduced Lopez and his group of Sky Soldiers to Del



Paola Del Din, right, an Italian hero of World War II receives a brigade coin from Lt. Col. Joe Lopez, 173rd Airborne Brigade Combat Team, to convey the admiration and respect of Sky Soldiers for her and her brother. Her late brother, Renato Del Din, has been selected by the Italian Ministry of Defense as the namesake of the new Italian Caserma, in Vicenza.

Din, and interpreted for the Sky Soldiers throughout the celebration and luncheon.

"In World War II, she broke her ankle and twisted her spine during a jump but stayed the course, endured her pain and despite being injured, showed great resolve and rare skills to accomplish her missions selflessly," said Moore.

According to Del Din, "we found ourselves in the

middle of things. We were just common people and caught in the middle of a situation during those times.

"Surely, I could now stay at home, and just be happy reading my books, but what keeps me going and preaching is the feeling that I need to go out and tell people that they cannot lose their freedom, because if they do, they will be despised."

See LIBERATION, page 2

## USARAF spouse group 'shoots 'til they drop'

Story and photo by Mindy Anderson  
U.S. Army Africa Public Affairs

Spouses of U.S. Army Africa's Security Cooperation Division members enjoyed a social outing in Vicenza, April 25. Of course, living in Italy would naturally think perhaps these ladies spent a day purse shopping, shoe shopping or maybe even participating in an Italian cooking class, right? But, no – these ladies spent the day at the Caserma Ederle firing range.

Mac Lake, training support specialist and engagement skills trainer operator, said the ladies of SCD exceeded his expectations. He also stressed the importance of gun safety and took proper precautions while teaching the ladies about handling weapons.

"They were exceptional, grasped the techniques

very quickly, and shot to standards," Lake said. "We only had three hours and they listened, were very receptive to the instructions given and did a fantastic job."

Catherine Seltzer Mitchell said when she and her husband, Col. Timothy Mitchell, chief of SCD, were assigned to the U.S. Embassy in N'Djamena, Chad, she had the rare and exciting opportunity to participate in a live fire range with a visiting Navy Seal team.

"From the experience, I learned not only a little about using various weapons, but I was also exposed first-hand to the professional training that our servicemembers receive," Catherine said. "That was over five years ago, and that experience remains one of the highlights of our tour in Chad."

A few months ago, Mitchell along with other

officers in SCD used the Engagement Skills Trainer in preparation for their Annual Weapons Qualification.

"Remembering how much I enjoyed the firing range in Chad, my husband thought this might be a great opportunity for our spouses, so together we coordinated the event," Catherine said. "The facility provided a safe environment to expose spouses to the type of training our husbands undergo ... and an opportunity for our spouse group to do something out of the norm."

Fay Ryan, who is now the resource manager for USARAF Operations, previously worked in SCD and remains an honorary member of the group.

"Mac showed us how to use the weapon, and I learned a lot," Ryan said. "Mostly I enjoyed being together with everyone and the camaraderie – it was just fun being together."

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### News pages 3 & 4

Numerous activities held on post for Earth Week; Athletes battle during Warrior Challenge



### Sports page 8

VHS boys and girls soccer defeat AOSR; VHS girls softball splits record midseason



75/52 Friday	70/50 Saturday	66/50 Sunday

The VCC will hold a flea market Saturday from 8:30 a.m.-1:30 p.m. in the Villaggio parking lot.

## Tips for managing stress; recognizing signs

By **Capt. Michael Ganz**  
U.S. Army Health Center —  
Vicenza

Many people ask, “What is stress and how do I know I’m feeling it?” Often associated with this question is a bit of embarrassment that one is unable to identify a seemingly obvious emotional state. However, the reality is that many of us may have trouble identifying our emotions, especially when it comes to the feelings associated with stress. The reason being is that stress expresses itself physiologically and emotionally in a variety of ways and is dealt with on an individual basis with a countless number of methods. Nevertheless, stress can be defined and even quantified once one has an understanding of what it is. It all starts with some (literally) exciting physiology.

Stress experienced by the body begins with the nervous system. More specifically, both stress and relaxation occur due to activation of one of two sets of sub-systems within the body’s Autonomic Nervous System. If Biology was not your favorite subject in school, don’t worry about it. Just remember that we can have either activation of the Fight-Flight-Freeze system (call it “sympathetic arousal” to impress your friends) or the polar opposite Rest-Digest-Repair system (“parasympathetic arousal”).

The Fight-Flight-Freeze system exists as a survival mechanism for the purpose of quickly overcoming danger

by either confrontation (fighting), avoidance (running away or “tactical withdrawal” as we say in the Army), or submission (freezing up). Activation of this system is associated with elevated heart rate, constriction of the blood vessels, increase in blood pressure, change in blood flow from the internal organs to the limbs (which are needed to fight or run), muscle tension, pupil dilation, faster and more shallow breathing, increase in sweat production, and the release of “stress hormones” such as cortisol and adrenaline. You probably guessed by now that the Rest-Digest-Repair system is exactly the opposite, where the body relaxes, focuses on digesting food, and repairs itself since the immune system works optimally in this state.

Stress may be thought of as what our bodies do when we are confronted with any sort of threat, not just threats to our physical person but many others including threats to our attachments with others, social status, economic status (finances and career), or values such as our sense justice or morality. However, there is more to the story still. Depending on how we immediately – and usually unconsciously – evaluate our abilities to successfully address the threat, our brains rapidly apply labels to the heightened state and, subsequently, we experience the sensation of having a particular emotion. Those feelings typically are on the

continuum of fear, anger, or excitement and they exist to help guide our actions. Depending on the intensity of these three emotions, we perceive fear as being in the range of mild anxiety to terror, anger from somewhat annoyed and enraged, and excitement from feeling “a little pumped” (positive anticipation) to exhilaration.

Although it may go unnoticed, we all experience some amount of Fight-Flight-Freeze activation on a daily basis. Whether a person is afraid of being late to formation, briefly mad at oneself for forgetting to buy milk, or is elated during a firefight, sympathetic activation is turned on even if only by a small degree. The type and degree of emotional reaction is dictated by the strength of Fight-Flight-Freeze activation along with the perceived ability to respond or cope with the expected consequences, and these factors mutually reinforce each other in a cyclical manner. Since the Fight-Flight-Freeze and Rest-Digest-Repair systems are opposing forces, the body’s state is like a ball rolling back and forth on a moving see-saw: While it may stay on one side for a long duration, it can never be on both sides at the same time.

So is stress good or bad? Stress not only facilitates survival but also helps us maximize performance for actions that we have practiced over and over again such as job-related tasks, sports, or combat. Olympic

athletes do best, well, at the Olympics where stress levels are high but so is confidence due to repeated training. However, too much Fight-Flight-Freeze activation at one time can override our ability to adequately respond to stressors and, if chronic, may lead to or exacerbate a wide array of medical and mental health problems such as insomnia, headaches, gastrointestinal problems, musculoskeletal pain, temporomandibular joint disorders (e.g., “lock jaw”), tooth fractures due to clenching/grinding of teeth, high blood pressure, increased risk of heart attack, vulnerability to illness due to immunosuppression, sexual dysfunction, addictions, impaired concentration, anxiety disorders, anger problems, and subsequent relationship or work problems.

Fortunately there are many practical ways to manage the amount of Fight-Flight-Freeze activation and turn associated negative emotional states into more positive ones. Here are ten tips: (1) practice relaxation exercises such breathing very slowly and deeply for several minutes, (2) engage in more aerobic exercise such as running, (3) over-learn the tasks that illicit anxiety, (4) reduce activating products such as tobacco and caffeine, (5) ensure that you are sleeping enough, (6) temporarily escape by watching a movie or listening to music, (7) journal your

See **STRESS** page 3

## LIBERATION: Italian female paratrooper honored by 173rd ABCT

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“I think today the young people are not able to understand what is at stake and what would happen if they lose this freedom they have; it will be a big affair for them. I tell people today to be careful and I do not think young people today understand what the cost of lost freedom is. My military experience was just because of the situation of war. Such is life. I just did back then what I had to do.”

Lopez, who led the group of Sky Soldiers, thanked the Italian people, combat veterans and family members for the chance to continue the 173rd’s long-standing tradition of celebrating and honoring the role of the Paratrooper from World War II to present day. Lopez said, “The 173rd is always glad to unite, train beside, and support our Italian counterparts.”

There is an ongoing effort within the U.S. Army in Europe to recognize, appreciate and leverage the wisdom and knowledge from our World War II veterans.

“It’s so important that this body of knowledge from these great people like Paola Del Din is passed on and these World War II veterans, who now are in their advanced years are treasured for what they did. She was probably only about 19 or 20 at the time. Just think of that,” said Moore.

Moore encouraged the 173rd to help preserve the history

and traditions of the paratrooper and safeguard the valued legacy that it is for Italians and Americans alike.

Del Din and her brother’s patriotism, valor and distinguished service will live on as the former Dal Molin has been renamed Caserma Del Din by the Italian Ministry of Defense, after Renato. Renato Del Din is a Gold Star recipient for his actions during WWII. The Sky Soldiers of the 173rd ABCT made sure that Ms. Del Din understood their commitment and fidelity to respect and honor the historical legacy that World War II Veterans like the Del Din siblings earned by virtue of their courage and deeds.

Paola Del Din, the woman who pioneered parachuting for Italian women, has spent her golden years reminding younger generations about the treasured jewel called liberty. “It’s what keeps me going,” said Del Din.

Lopez concluded the day by presenting Del Din with a 173rd ABCT coin, commemorating the day and honoring her for her rare accomplishments and achievements as a valued member of the airborne community. Del Din pledged to give the coin to her grandchildren. Much of the day was about sharing the knowledge and experiences of World War II-era combat veterans with the present generation. Events like Italy’s Liberation Day ensure that the lessons of war are not lost.

## Speak Out

### What is the biggest event you’ve ever attended?



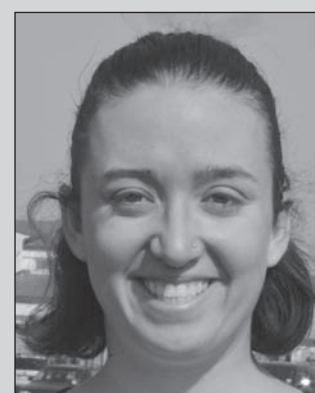
**Sgt. 1st Class Jimmy Jimenez**  
HHD, 509th Signal Bn.

*“I went to the Pro Bowl (NFL) game in 1999 in Hawaii. It was everything I expected it to be and I had a great time.”*



**Lisa Marie Medrano**  
Family member

*“Running 7 miles in the Pisa Run to the Tower in 2011. It was fun.”*



**Kimberly Richey**  
Family member

*“I competed at the 2004 Washington International Horse Show. Riders must qualify throughout the year and there were 10,000 plus competitors.”*

By Laura Kreider

## Earth Week celebration stresses education, conservation

Directorate of Public Works Environmental Division

Earth Day was celebrated for more than a week on Caserma Ederle. It started with the middle school "Trashion Show" April 18, an earth-day themed fashion show, where students reused and re-purposed "trash" to design costumes. Other Earth week activities included tours of the eco-center for the elementary, middle and high school students. They learned about the Army's Earth week theme, "Sustaining the Environment for a Secure Future." Students discover that reducing waste and recycling reduces environmental impact on their surroundings. Additional tours of the cogeneration plant and the Installation Material Maintenance Activity facility, focused on energy efficiency and water conservation. Also, environmental initiatives like the photovoltaic project and the Army's "Net Zero" project further promote environmental awareness on Caserma Ederle.

There were several other Earth Day events on Caserma Ederle. The Health Clinic sponsored this year's Art and Essay Contest on "What Earth Day Means to Me." The winners were presented with AAFES/MWR gift bags. An Earth Day information booth was set up throughout the week to handout information pamphlets and to increase environmental awareness. The teen center displayed this year's Earth Day posters completed by middle school students.

Earth Week's grand finale ended with two separate tree planting ceremonies. The first ceremony presented the second installment of the "Children's Nature Park." Col. David Buckingham, U.S Army Garrison Vicenza commander and members of the 173rd Airborne Brigade Combat Team commenced the tree planting ceremony. The event included performances from the high school band and choir. The second tree planting ceremony was held at the Villaggio elementary/middle school. The ceremony included a tree dedication by Col. William Pfeffer, U.S Army Africa and members of the 173rd along with tree planting by students.

The first Earth Day was celebrated in 1970 and was founded by a Wisconsin senator. Earth Day was founded to increase awareness and appreciation for the Earth's natural environment and resources. Today, more than 150 countries around the world celebrate earth day. The U.S. Army Environmental Command has been a part of Earth Day celebrations for nearly 40 years. U.S Army installations worldwide participate in Earth day events every year. Earth Day is a reminder of our duty to protect our environment for present and future generations.



Photo by Taylor Curry



Photo by Laura Kreider

Above, Vicenza Elementary students, DPW employees and 173rd Airborne Brigade Combat Team Soldiers plant a tree in honor of Earth Week. At left, VMS held a "Trashion Show" with recycled materials. Other Earth Week activities included tours of the Eco Center, information booths and a book give away at the Library..

## STRESS: Don't ignore warning signs, numerous agencies offer assistance

Continued from page 2

thoughts and make plans as to how you can overcome each obstacle in your life, (8) talk about the things that bother you with a close friend or your significant other, (9) challenge your thinking about the stressor and potential consequences to make sure you have the broadest and most accurate perspective, and (10) ensure you are attending to your need for

purpose and meaning which may include addressing your spiritual needs.

If you would like further assistance in getting back to a Rest-Digest-Repair state you have plenty of options within our community. Check out the Army Wellness Center and request Biofeedback, which teaches you how to notice and regulate your physiology (634-8186 or 0444-71-8186).

Army Community Services offers both Stress and Anger Management classes that can give you tools to counter the negative emotional consequences of autonomic activation (634-7500 or 0444-71-7500).

The Health Center's Sleep Class will give you guidance on how to get your body into a relaxed state conducive to a good night's rest (636-9675 or 0444-61-

9675). Military Family Life Consultants (cell: 333-489-8967) and chaplains (Garrison: 634-KARE; 1/503: 634-6072; 2/503: 634-6428) can offer counseling and/or spiritual support. Additionally, you can call to make an appointment at the Behavioral Health Clinic at the Health Center (636-9530 or 0444-61-9140). For more information, go to [www.afterdeployment.org](http://www.afterdeployment.org).

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### Provost Marshal's corner



#### Crime stats for April 15-21.

DUI (on post ) 0  
DUI (off post) 0  
Assault (on post) 1  
Assault (off post) 0  
Burglary (on post) 1  
Burglary (off post) 0

Vehicle break in (on post) 0  
Vehicle break in (off post) 0  
Parking Citations (on post) 2  
Speeding citations (on post) 9

## Caserma athletes face obstacles in Warrior Challenge



Participants in the Warrior Challenge II attempt to emerge from the mud pit, one of the many obstacles of the five-kilometer run held Friday on Caserma Ederle.



Above, The first group of children starts the Junior Warrior Challenge held on the Caserma Ederle track Friday. This was the first time for children to compete. At right, teams go over logs and prepare to crawl during the race.



Photos by Laura Kreider

**By Staff Sgt. Bruce Cobbeldick**  
*173rd ABCT Public Affairs Office*

Paratroopers of the 173<sup>rd</sup> Airborne Brigade Combat Team were on hand along with other proud and enthusiastic members of the Vicenza military community to participate in and support the Family and Morale, Welfare and Recreation Directorate's Warrior Challenge II. The festivities and fun, which brought together Soldiers, civilians and Families has become a mainstay for Vicenza's extended military family.

Krista Cahill, an MWR employee and community volunteer at Caserma Ederle, was on hand to help out with registering participants assisting with the presentation of awards.

"This is a fabulous family event and great for the children here," Cahill said. "It's been awesome being a part of the Vicenza community. I have been here for three years and we are all family here."

Cahill also said that Chris Wolff, director of Sports, Fitness and Aquatics, who helped put together the event, is a very organized person and a lot of fun to work with.

"I would encourage the kids to keep an eye out for these types of fun events and for the Sky Soldiers getting ready to move out, I think these kinds of events are so important for them to have a chance to come out with their Families and enjoy themselves," said Cahill.

173rd ABCT Deputy Commanding Officer Lt. Col. Christopher Stone said, "Whether it is a chance for our Sky Soldiers to come out and support something like Warrior Challenge or the upcoming EFMP Day, here at Vicenza, our Paratroopers are heavily involved with the community.

"It's great to see individual Soldiers from the brigade partake in the festivities, as well as some teams and even a group from Chosen Company from our 2nd Battalion, 503rd Infantry Regiment were out here getting involved and leading the way with their esprit de corps. I think the whole thing went very well and we look forward to doing more with the community here," said Stone.

Wolff said, "Since the 173rd ABCT is slated to deploy to Afghanistan in the near future, events like the MWR Warrior Challenge that we all helped plan with many different employees and volunteers coming together, these events afford our high-speed Soldiers, civilians and their Families here a chance to enjoy themselves and unwind. I really would encourage the children here at Caserma Ederle to do more of this. Step away from the television, kids. Get out, recreate and have fun."

## Marconi monument relocates to new home

The eight ton Carrara marble statue dedicated to Guglielmo Marconi was moved from Coltano March 7 to the 509th Network Enterprise Center -Livorno on Leghorn Army Depot. On Nov. 21, 1911 Marconi linked the continents of Europe, North America and Africa by means of wireless communications thus establishing Coltano as a focal point in the development of worldwide communications.

Courtesy photo



By Frank Maloney  
*Special to the Outlook*

A monument dedicated in 1973 to Guglielmo Marconi was moved from the former site of the U.S. Army Communication Site Coltano to the 509th Network Enterprise Center – Livorno site on the Leghorn Army Depot in March 2012.

The Coltano communication site was closed in May 2008 and turned over to the Italian Government a year later in 2009.

When 2nd Signal Brigade Commander Col. Mitchell Kilgo visited the Coltano site earlier this year, he decided that there was an important need to preserving the focus and vision of Guglielmo Marconi. Marconi was an Italian inventor who was known as the “Father of long distance radio transmission.” With the coordination of Col. Raffaele Iubini, Italian Base commander, thru the Italian Ministry of Defense, the process to relocate the monument began.

The logical place to relocate the

statue was in the 509th NEC-Livorno area because the unit provides current state of the art communications made possible by Marconi’s genius and inventing skills.

Pisa is the birthplace of wireless communication and NEC-Livorno provides Signal Services to Camp Darby and the Leghorn Depot; the U.S. Air Force, USAG Livorno and numerous DoD and Federal Italian Tenants.

With the hard work and coordination of the 509th staff Piero Pellegrini, Mario Poropat, Daniele Crews and Marzio Marzi, the Carrara marble monument weighing eight metric tons and standing approximately 12-feet high was transported via truck to its new home.

“The monument is immense and really heavy, and very dirty once we free it from the weeds,” said Pellegrini, who was also responsible for cleaning the monument.

“I steam cleaned it with just water so not to ruin the marble or the engraving on it,” Pellegrini said. “I probably could

have done a better job by sanding it, but the risk of ruining the monument was too high.”

The Marconi monument was not the only memory that was brought back from Coltano site.

“When we were there we noticed a map of Italy that was painted on the plasterboard wall, so we carefully removed it and it is now hanging on the NEC-Livorno, 509th Signal Bn. wall,” added Pellegrini.

“I remember two young soldiers and an Italian worker painting that map,” said Charles Simpson, former 1st Sergeant at the 509th Signal Company. “They were Sgt. Dominiqueangelo D’Angella and Sgt. Benigno De Los Santos. The Italian worker was Tarquini, he was an artist.”

The inscription on the monument reads: GUGLIELMO MARCONI, who near this site on 21 November 1911 linked to continents of Europe, North America and Africa by means of wireless communications thus establishing Coltano as a focal point in the development of worldwide communications.

## Darby Dates

Visit the community calendar for upcoming events and details at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

### Employment Opportunity

Choctaw Contracting Services is offering a part-time position in the Livorno Women, Infants, and Children Office. Requires BS in Nutrition, Dietetics, or Home Economics, or BSN in Nursing. E-mail your resume to [Rebecca.turnercunningham@aviano.af.mil](mailto:Rebecca.turnercunningham@aviano.af.mil).

### Safety Day

May 10 is Summer Safety Day. The Safety office will provide information on baby/child choking hazard safety training and ADR (European Agreement concerning the International Carriage of Dangerous Goods by Road) in addition to the normal summer safety classes. \*\*\*The Post Office and CMR will be closed until 1 p.m. during Safety Day\*\*\*

### American Beach Opening

633-7775

The official beach opening is Friday, May 25. There will be a ribbon cutting at noon to be followed by a free barbecue Wntrance, parking, kayaks, umbrellas, pedal boats, boogie boards, volleyball courts and children’s playground are all free. At 7:30 p.m. enjoy free “Lights out” comedy show with comedians: Johnny Cardinale, Motavasseli Assad, Sean Kent, Mark Serritella and Maria Shehata.

### Child, Youth, School Services

633-7681

Join America’s Armed Forces Kids Fun Run May 19 at 9 a.m. Register online at [www.americankidsrun.org](http://www.americankidsrun.org).

### Sports & Fitness

633-7438

May Strong B.A.N.D.S promotion means the Half Ironman Triathlon Challenge, free TRX Straps clinic, Aqua Zumba/Fitness classes (first class free), Swim meet and more. Sign up at the Fitness center.

### ITR

633-7589

- Rome May 12
- Venice May 19

### Religious Activities

633-7267

9:40 a.m. Catholic reconciliation  
10 a.m. Catholic Mass  
11:15 a.m. Protestant worship  
11:15 a.m. Catholic CCD

## Local artists highlighted at Camp Darby Library

Story and photos by Chiara Mattiolo  
*USAG Livorno Public Affairs*

The Camp Darby Library celebrated National Library Week April 8-14 with an open house and a week-long showcase of hidden talents of some community members. Artists displayed their paintings, jewelry, quilts and photographs in the library.

“I love to share my creations with the rest of the community,” said Melissa Mechur. “It is a great opportunity to display my artworks, one of a kind jewelry made with recycled and vintage materials, up-cycled creations for any occasions.”

Mechur took part in this event with her mother, Monica, whose own art was expressed through her quilting.

“Art displays like this helps the community to get together and admire the inner talents of its community members,” said Monica Mechur.

Artist Danila Ferretti she has been participating in this annual event since when she started working at Camp Darby in 2007.

“I studied at the Pisa School of Arts, but when I had to decide what was better for my career I decided to continue my university studies as an informatics, this is what gave me a job, and I am thankful for it,” Ferretti said “My real passion though stands somewhere else. I love painting, I love bright colors, and I love flowers, painting is what I do when I am in a good mood, relaxed.”

The National Library week is also an occasion to inform



Danila Ferretti shows off her art during the Camp Darby Library when they celebrated National Library week April 8-14

the community on the new library programs and services.

“Our customers can easily order the books or music that is not able to find locally by consulting our web site <http://www.library.eur.army.mil>. Customers will be able to pick up their requested item within 7-10 days,” explained Debora Lomi, USAG Livorno Library technician.

Lomi added that anyone holding a European Library Card can obtain books or music in any of the European libraries and return them to their most convenient library location within Europe.

## Vicenza Jazz Festival:

Rudresh Mahanthappa is a New York-based jazz alto saxophonist who was born in Trieste and grew up in Bolder, Co. Mahanthappa will be performing Sunday at the Vicenza City Theatre at 9 p.m. as a part of the annual Jazz Festival downtown Vicenza.



Courtesy photo

Piazzola Sul Brenta (Padova)  
**B.B. King:** July 13 in Pistoia  
**Norah Jones:** July 14 in Lucca  
**Duran Duran:** July 16 in Verona, July 23 in Piazzola Sul Brenta (Padova)  
**Lenny Kravitz:** July 16 in Sarzana (La Spezia), July 19 in Vigevano (Pavia)  
**Bob Dylan:** July 16 in Barolo (Cuneo)  
**Ben Harper:** July 20 in Piazzola Sul Brenta (Padova)  
**The Beach Boys:** July 27 in Milan  
**Alice Cooper:** July 30 in Milan  
**Leonard Cohen:** Sept. 24 in Verona  
 Tickets available in Vicenza at Media World, Palladio Shopping Center or at [www.greenticket.it/index.html?imposta\\_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or <http://www.ticketone.it/EN/>.

### Local events

#### Rose Festival:

Friday-Tuesday, in Albettono, Piazza Umberto 1°, about 17 miles south of Vicenza; carnival rides; food booths open at 7 p.m.

- Friday: 9 p.m. Miss Vicenza Province beauty contest

- Saturday: 6:30 WWI historical artifacts exhibit grand opening; 7 p.m. dance show presented by A.D.S.D. Unika Dance School; 9 p.m. live music and dancing with "Chiara Magic Music"

- Sunday: at noon Vespa motor scooters and vintage motorcycles show; 7 p.m. karate demonstration; 9 p.m. live music and ballroom dance with Millennium Band Orchestra

- Monday: 9 p.m. live country music with "Denis DJ". Western style dances and food

- Tuesday: 9 p.m. live music and ballroom dance with Andrea Life Orchestra; 10:30 charity raffle drawing; 11:30 fireworks

#### Saint Joseph and spontaneous herbs festival:

Saturday-Sunday, in Monte di Malo, Via Roma, about 14 miles northwest of Vicenza. Carnival rides, charity raffle and food booths featuring local specialties.

- Saturday: food booths open at 6 p.m.; 6 p.m. nature photo exhibit; 8:30 p.m. live country music and dancing

- Sunday: 9:30 a.m. "Andar per erbe" – free guided nature walk in search of medicinal and aromatic herbs; food booths open at noon; 4 p.m. free herbal workshops; predatory birds exhibit and free flight demonstration; 5:30 p.m. food booths open; 8:30 p.m. live music with "Segnali Caotici" – Nomadi Cover Band

#### Old Districts Festival:

Friday-Sunday, 9 a.m.-7 p.m. in Romano D'Ezzelino, Via Roma and surrounding roads, about 26 miles north of Vicenza. Food booths featuring local specialties open at 7 p.m.

- Friday: 9:30 p.m. live ska-

jazz music with the Ska-J Band

- Saturday: 4 p.m. local products exhibit and sale; vintage vehicles and Fiat 500 Rally; 4:30 p.m. food booths open; 6:30 p.m. historical costume parade through Via Zaghi, Via Dante, Via Roma and Via Bortoli with flag-flyers and the local band; at the end traditional Corsa dei Mussi (donkey race) at the soccer field on Via Foscolo; 10 p.m. live music and ballroom dancing with the Bacco Perbacco Band

- Sunday: 10:30 p.m. Palio's Holy Mass with the Ezzelino choir and flag-flyers; 8 p.m. food booths; 9 p.m. live music and dancing with The Remote Funky Peppers

The program is subject to change in the event of inclement weather.

#### White Asparagus Festival:

Saturday-Sunday, in Marola, Torri di Quartesolo, at the Church Recreation Center, Viale Vittoria, about five miles east of Vicenza. 6:30 p.m. food booths featuring asparagus specialties; 8 p.m. live music and dancing.

#### May Day Festival:

Friday-Sunday, in Sandrigo, about nine miles north of Vicenza. Local products market, food booths, live music, carnival rides, and food booths featuring gnocchi, lasagna, tripe, french fries, polenta and other local specialties.

- Friday: 8 a.m. local products exhibit and sale; food booths open at 7:30 p.m.; 9 p.m. live music with Roberta Blue Night Orchestra

- Saturday: 2 p.m. human table football tournament in Piazza Garibaldi; 6:30 p.m. aperitif and live music with the Very Bad Elves Group; 7 p.m. food booths

- Sunday: 10 a.m. off-road vehicles rally; food booths open at noon; 4 p.m. in Piazza Vittorio Emanuele II dance show and entertainment with the Flash Dance School; 8:30 p.m. live music with Renato Orchestra; 10:30 p.m. charity lottery drawing

#### New Conversations Jazz Festival:

In Vicenza, Friday-May 12. Entitled "Fair East: on the routes of

Marco Polo and Thelonious Monk," this year 17th edition is dedicated to the Far East featuring musicians from India, Japan and Southeast Asia. Tickets: €25; reduced €20 for the concerts held at the Olympic Theatre; €20, reduced €15 for the concerts held at the Vicenza City Theatre; reduced fee are for people younger than 30 and older than 60; free entrance to all the other events.

**Friday:** 9 p.m., Olympic Theatre, Reijeseger –Fraaje-Sylla Trio and Trilok Gurty Band

- 10 p.m. Panic Jazz Café Trivellato; Basilica Palladiana, Marco Tamburini Trio – The Jazz Travellers

**Saturday:** 5 p.m. downtown Vicenza, Jaipur Kawa Brass Band

- 6 p.m. Palazzo Trissino courtyard, Modoko and Jelly Rolls Band

- 9 p.m. Piazza dei Signori, Elio e le Storie Tese

- 11 p.m. Panic Jazz Café Trivellato, Basilica Palladiana, Eyot Jazz

For a more detailed schedule you can request it by sending an email to [usagvicenzapao@eur.army.mil](mailto:usagvicenzapao@eur.army.mil)

### FREE concerts, exhibits & events

#### Exhibits in Vicenza:

ViArt, Contra' del Monte 13, Tuesday, Thursday, Saturday and Sunday 10 a.m. -12:30 p.m. and 3-7 p.m.; Wednesday and Friday 3-7 p.m.

- Silver works exhibit: ongoing through Wednesday
- Ceramics exhibit: ongoing through May 15

#### Guitar concert:

Friday, 8:45, in Malo, San Bernardino Church, Via S. Bernardino 19

#### City Band in Concert:

Saturday, 8:45, in Malo, San Bernardino Church, Via S. Bernardino 19

#### Acoustic night:

Monday, 8:30 p.m., Marostica, Panic Jazz Club, Piazza degli Scacchi. Enjoy live jazz and even feel free to join in the performance.

### Concerts

**Metallica:** May 13 in Udine  
**Allan Holdsworth Band:** May 23 in Milan

**Coldplay:** May 24 in Torino  
**The West Group - From USA with love:** May 29, Vicenza City Theatre

**Metalfest:** June 5-7 in Monza  
**Marilyn Manson:** June 7 in Padova

**Bruce Springsteen and the E Street Band:** June 7 in Milan, June 10 in Florence, June 11 in Trieste

**Madonna:** June 12 in Rome, June 14 in Milan, June 16 in Florence

**Black Sabbath:** June 24 in Rho (Milan)

**Tom Petty and the Heartbreakers:** June 29 in Lucca  
**Cranberries:** June 30 in Piazzola Sul Brenta (Padova)

**Al Jarreau:** July 2 in Milan

**Joan Biaz:** July 3 in Milan

**Gipsy Kings:** July 5 in Milan

**Billy Idol:** July 7 in Piazzola Sul Brenta (Padova)

**Sting:** July 10 in Piazzola sul Brenta

**Wolfmother:** July 11 in

### ODR trips

**Arezzo and Cortona:** Saturday

**WWI fort hike:** Saturday

**Bolzano Flower Festival and castle tour:** Sunday

**Munich and Dachau express:** May 12

**Photo Travel Workshop at Lake Garda:** May 16

**Sea kayaking:** May 19

**Croatia Basic Open Water SCUBA course:** May 21-28

**Aqualandia:** June 2

**Grappa tasting and Bassano:** June 6

**Marche Region - Portorecanati, Sirolo and Numana:** June 9-10

**Sea kayaking:** June 10

**Tuscany Road Ride:** June 15

**Slovenia weekend:** June 15-16

**Sports day at Lake Garda:** June 16

**Jesolo Beach:** June 17

**Wine-down Wednesday:** June 20

Trips can be booked on WebTrac at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or by following the WebTrac link on [www.vicenzaMWR.com](http://www.vicenzaMWR.com) or at ODR.

## Now Showing



### Ederle Theater

<b>Thursday</b>	Ghost Rider (PG 13)	6 p.m.
<b>Friday</b>	Act of Valor (R)	6 p.m.
	Wanderlust (R)	9 p.m.
<b>Saturday</b>	Act of Valor (R)	3 p.m.
	Safe (PG 13)	6 p.m.
<b>Sunday</b>	Act of Valor (R)	3 p.m.
	Safe (R)	6 p.m.
<b>Wed.</b>	Wanderlust (R)	6 p.m.
<b>May 10</b>	Wanderlust (R)	6 p.m.
<b>May 11</b>	Gone (PG 13)	6 p.m.
	Project X (R)	9 p.m.
<b>Camp Darby Theater</b>		
<b>May 11</b>	Project X (R)	6 p.m.
<b>May 12</b>	The Lucky One (PG 13)*	1 p.m.
<b>May 13</b>	The Lorax (PG)	6 p.m.
<b>May 18</b>	Gone (PG 13)	

Admission: \*First runs, age 12 and older, \$5, younger than 12, \$2.50

Regular release, \$4.50/\$2.25 Special pay \$3/\$1.50

The Ederle theater box office opens one hour prior to show.

**View MOVIE TRAILERS and more online at**

[www.shopmyexchange.com/ems/euro/vicenza.htm](http://www.shopmyexchange.com/ems/euro/vicenza.htm) or [www.afes.com/ems/euro/livorno.htm](http://www.afes.com/ems/euro/livorno.htm)

## Special events

♦ Army MWR Strong B.A.N.D.S. programs are offered throughout the month of May and feature; balance, activity, nutrition, determination and strength. Attend featured events in Vicenza, get your band and wear it throughout the month and visit the Strong B.A.N.D.S. website [www.armymwr.com/strongbands](http://www.armymwr.com/strongbands) for fitness tips and prizes every day in May. Featured events in Vicenza include; Kettlebell Training Wednesday viewing and discussion of the documentary "Forks Over Knives" at the Library May 10, Sunrise Yoga and a Veneto Trail Run May 22, and finally Outdoor Power Pump May 23 and 24. Visit [www.VicenzaMWR.com](http://www.VicenzaMWR.com) for complete details on all these events.

♦ There is a very special opportunity for free tickets to the Terri Clark Concert at the Cowboys Guest Ranch in Volgera June 3. This is available to U.S. ID card holders only and while the ticket is free, there is a 90 euro cost for transportation and hotel. The deadline to reserve your space is May 26. Email your request to [specialevents@vicenzaMWR.com](mailto:specialevents@vicenzaMWR.com).

## CYSS

♦ Youth Center offers "Youth Workforce Preparation Training". Different subject sessions run on Fridays, 3:30-4:30 p.m. thru June 8. The subjects include; resume writing, understanding your finances, careers for your personality, time management and goal setting, ethics in the workplace, and customer service. All interested youth can register at the Teen Center. Call 634-7659 for more details.

♦ School Age Services heads to Sirmione for a field trip Saturday. Cost is \$39 and includes eight hours of adult supervision, transportation, admission fees and lunch. You can save \$16 by using your free four hours for the month. Call 634-5700 to sign up.

## USARAF FRG meeting

A meeting will held May 15 in the Old Soldier's Bar in the Golden Lion. A free lunch will be served and the guest speaker will be Josh Gwinn, director of Vicenza DFMWR. Free childcare is available when you sign up through Parent Central Services. You must call CDC building 398 at 0444-71-5008 or 634-5008 for reservations. RSVP for meeting by May 11 with Sylena Schendel, FRST at [sylena.l.schendel.civ@mail.mil](mailto:sylena.l.schendel.civ@mail.mil) or call 634-5571 or 0444-71-5571

## Soldiers' Theatre

♦ Music Café is back Friday; 7:30-10:30 p.m. Kick back and enjoy talent from local musicians in a relaxed café atmosphere with light snacks and refreshments. You can sign the clipboard at the door and have a chance to join in yourself on stage. Call 634-7281 for more information.

♦ Get your tickets for "Sylvia" an adult comedy about a man, his dog and his marriage, as he goes through a hysterical mid-life crisis and ultimately finds his way. Performances are May 11-20, on

Fridays, and Saturdays at 7:30 p.m. and Sundays at 2 p.m. Stop by the box office or call 634-7281.

## Arena

♦ Dress to impress at the Black and White Party May 18, 8 p.m. at the Lion's Den.

♦ New midweek specials on Wednesday, Thursday and Friday from 11 a.m.-6 p.m. games are just \$2 and shoes are \$2 too! Check out all the special games and pricing for Family Time, Sunday Special, Family Movie Nights, Evening Bowling, Saturday Special and Cosmic and Bowling parties. Visit <http://www.vicenzamwr.com/arena.html> or stop by the Arena for a complete schedule of bowling specials.

## Army Community Services

The ACS Job and Volunteer Fair will be held May 16, 11:30 a.m.-1 p.m. in the lobby of Bldg 108. It's the place to be if you are looking for a job or want to volunteer in the community. You'll have the change to meet face to face with the hiring agencies on post. Call 634-7500 for more information.

## VHS scholarship

The Vicenza High School Booster Club announces the Joe Pellerito Memorial Scholarship is ready for applications. Packets are ready for pick-up at the Vicenza High School Front Office and the deadline is May 15. For more info., contact David Lee, scholarship chairperson, at 0444-79-7945 or [david.lee@eu.dodea.edu](mailto:david.lee@eu.dodea.edu).

## Health center limited operations

In support of the deploying Soldiers, the Vicenza Health Center will provide limited operations from 7:30 a.m.-12:30 p.m. Mondays-Thursdays, through May 17. During this time, only the Birthing Center will be open.

For emergencies and/or to call an ambulance when the Health Center is closed, call 118. To speak with a nurse, 24x7, call the Nurse Advice Line at 800-877660. To call the San Bortolo patient liaisons, call

0444-75-3300, 634-8384. To book an appointment on line, visit [www.tricareonline.com](http://www.tricareonline.com).

## MWR Services survey

Of the 3,159 Army MWR Services Surveys emailed to the Vicenza community only 112 have been returned and none from spouses or retirees. Family and MWR wants to know what customers are interested in, whether they are using available services and if so, how satisfied they are with the programming here in Vicenza. Have you returned your survey? Don't wait — take 15 minutes today and tell us what you think. You can help make good programs even better.

## Arts and Crafts Center

♦ Say a special thank-you to Mom this year with two classes at the Art Center. Adults learn to decorate a special cake for Mom May 12, 2-4 p.m. or children can make a special surprise gift with clay Saturday 10 a.m.-2 p.m. 634-7074.

♦ Weave a cute little bushel basket while learning the basics of basket weaving Wednesday and 16. Register on Web Trac or at the art Center.

## Library

Need a gift for Mom? Stop by the Post Library and decorate a pot for her favorite flowers, Wednesday, 3:30 p.m. It's free and all supplies are provided but you should sign up at the circulation desk before Monday.

## VCC

A flea market will be held Saturday from 8:30 a.m.-1:30 p.m. at the school parking lot on Villaggio. Tables are available for \$20 and the deadline for sign up is Friday. RSVP by email to [pfrancis82@aol.com](mailto:pfrancis82@aol.com).

## MOMS Club events

- ♦ Luncheon, Monday
- ♦ Book club, May 14
- ♦ Visit to Italian market, May 16
- ♦ Walking group, May 18
- ♦ Monthly Meeting, May 21
- ♦ Playgroup, May 29

These events are subject to change. For more information, email [momclubofvicenza@yahoo.com](mailto:momclubofvicenza@yahoo.com).

## PWOC

Day of Blessings, sponsored by Protestant Women of the Chapel will be May 22 in the Chapel Activity Room from 9-11:30 a.m.

Bring your gently used unwanted items (clothing, household, outdoor) and have them be a blessing to someone else. Feel free to shop for yourself, everything will be free! Light refreshments will be served. Also, take your remaining items home with you and the end of the day.

## Computer training

The 509th Signal Battalion and the Army Europe Information Technology Training program offers training to all customers of the 509th area of responsibility. Current course offerings, which begin at 8 a.m. and are held in building 372 are: Monday-Tuesday – Win7 User Training (2 slots available), Wednesday-May 10 - Win7 User Training (16 slots available), June 4-8 - Security+, June 11-14 - Cloud Computing, July 9-13 - Win7 Desktop Support Technician, Aug. 6-10 - Information Management Officer Certification. The entire 509th Signal Battalion customer base will migrate to Windows 7 by June 30.

To sign up, contact your Unit/Org Training Coordinator or [michael.k.gauthier.civ@mail.mil](mailto:michael.k.gauthier.civ@mail.mil)/634-6077.

## AFTB training

Army Family Team Building is offering Levels 1, 2, and 3 online. To access the classes, go to <https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ArmyFamilyTeamBuilding/default.aspx>.

The next step in the program, the Instructor's class will be offered quarterly in a classroom setting at ACS. The next Instructor's training is scheduled for March. Contact the AFTB program manager at 0444-71-7942 for details.

## Religious activities

### Chaplain Crisis Line

To speak with a chaplain after hours, call **634-KARE** (634-5273)

### Sunday services

**9 a.m.:** Mass, Sacrament of Reconciliation following Mass, or during duty hours  
**11 a.m.:** Protestant worship  
**1:30 p.m.:** Full Gospel Pentecostal worship  
**5 p.m.:** Contemporary Christian service

### Mondays

**5:30 p.m.:** High School Small Group (sponsored by Club Beyond) meets at The CLUB House for dinner; Bible study starts at 6:30 p.m.

### Tuesdays

**9 a.m.:** Protestant Women of the Chapel  
**12:30 p.m.:** Middle School Small Group (sponsored by Club Beyond) meets at the Middle School in room 1017  
**5 p.m.:** Contemporary Praise band practice

### Wednesdays

**3:15 p.m.:** Middle School Club Beyond meets room 1017 in VMS

**5:30 p.m.:** PWOC Bible study. Dinner provided. No child care

**5:30 p.m.:** High School Club Beyond meets at the Teen Center for dinner; meeting starts at 6:30 p.m. Call 340-665-3453 for information

**5:30 p.m.:** Catholic choir practice

**6:45 p.m.:** Gospel choir practice

### Thursdays

**9:30 a.m.:** Catholic Women of the Chapel

**5:30 p.m.:** Gospel service choir rehearsal

**7:15 p.m.:** Gospel service Bible study

### Faith group contacts

**Bahá'í Faith:** Call Russell Menard at 389-133-4627 or 349-708-2535

**Islamic:** Call 634-7519 (0444-71-7519)

**Jewish:** Call Paul Levine at 345-907-2108

**Latter Day Saints:** Call Chance Wilson at 327-869-8107. Sunday services, 9:30 a.m.-12:30 p.m. at Viale Trento 246, Vicenza

Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for more information on religious activities.



Photo by Angelo Sibilla

**Building relations:** James Walls, U.S. Army Garrison-Vicenza deputy commander, speaks to the Rotary Club of Vicenza April 16. Walls spoke to 100 Italians, including many community leaders, about building community relations, current and future operations.

**DON'T BE LATE:** Email briefs to [editor@eur.army.mil](mailto:editor@eur.army.mil) by noon on Monday, or by 4 p.m. Friday if Monday is a holiday.

## VHS boys, girls soccer teams defeat tough Rome school



By Peter Huller  
*Special to the Outlook*

The Cougars swarmed the Caserma Ederle soccer pitch on Saturday, with the boys winning 2-1 and the girls earning a 3-1 victory. Both games were very hard fought, as American Overseas School of Rome is among the toughest opponents in Europe. Vicenza midfielder John Camuso said, "This was a tremendous victory for Vicenza against AOSR. They're a great team."

The boys jumped out in front on an early header by striker Ronaldo Reyter, but AOSR quickly responded with a goal. About midway through the second half, Reyter struck again, smashing the winning score into the back of the net on a free kick. The defense, anchored by goalkeeper Josh Pardew, playing in his first game at the position, held on to preserve the win. Defenders Taylor Curry, Shane Martinez and David Lynch were an integral part of the victory and Camuso controlled the midfield, allowing Reyter to work his magic. Coach Ronaldo Reyter said, "Consistency and discipline only could give you good results. Our players show what we been doing for the last



Photo by Laura Kreider

two months."

Not to be outdone, the Lady Cougars showed their mettle admirably against a formidable AOSR squad. Scoring machine Alex Frank staked Vicenza to an early 1-0 lead, but AOSR once again came back to tie the score. Late in the second half though, Vicenza pulled away for good. Tatiana Miranda scored a pair of goals, the second on a thrilling run culminating in a one-on-one showdown in which Miranda booted the ball in mid-

air past the AOSR keeper. Standout performances by Maya Swinehart, Amanda Coyne, Olianna Reyter and Natalie Lovelace supported stellar play by gritty goalkeeper Rima Gasparini. Girl's Coach Charity Smith said, "The team's aerobic endurance was the key in today's victory. They were able to play hard to the end, scoring their winning goals in the final eight minutes."

Vicenza will host Sigonella Saturday with games at 1 and 3 p.m.

Above, Ronaldo Reyter, Vicenza High School senior, applies pressure on a Liceo Quadri player during a scrimmage Monday. At left, VHS girl's Tracie Robinson, center, defends her area while VHS goalie Rima Gasparini looks on.

# Sports Shorts

### Long Distance Training Program

It's the best time of the year for going out on a run. How about trying to train for the Army 10 Mile Race at Grafenwoehr, Germany July 7, or any half or full marathon? Get motivated and train in a group atmosphere to: increase performance, endurance and speed. Meet new running friends in the community, explore new running routes and learn new ways to train for a distance race. Whether you're a beginner or a pro, anyone 18 years and out of high school is welcome. For questions contact Christina Salas, Post Fitness Center, 634-7502.

Basic schedule is Monday 6 a.m. Tempo run meets at the track four-seven miles.

Wednesday 6 a.m. Speed work meets at the track.

Saturday 7 a.m. Meets outside Chapel Gate 2: Long Run — seven-plus miles.

Sign-up at the Fitness Center Front Desk or return invitation to front desk.

### Lifeguard training

Get ready for a summer job at the pools. Lifeguard training will be held May 13-16 or June 7-10. Participants must be at least 15 years of age by the last day of the course. Call 634-8642 or visit [www.vicenzaMWR.com](http://www.vicenzaMWR.com) for details about the course and the required pre-test.

### Unit & rec play

New players are always welcome. Call 634-7009 or individual POCs.

**Basketball:** 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for 10 or more, Fitness Center.

**Racquetball:** 6-7 p.m. Tuesdays and Thursdays for 16 participants, Fitness Center.

**Men's Soccer:** 7-9 p.m. Tuesdays and Thursdays for 24 or more players at the turf field behind the Ederle Inn. Email [shaun.nurse@amedd.army.mil](mailto:shaun.nurse@amedd.army.mil) or call 636-9648/9120/9632.

**Volleyball:** 6:30 p.m. Tuesdays for eight or more, Fitness Center.

**Frisbee golf:** 6 p.m. Wednesdays, North 40 field.

**Tennis:** Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m.

### Women's basketball

Women's basketball practice held Sundays from 4-5 p.m. at the post gym. All female community members welcome to attend. Focus is on fun and having a great workout.

Don't miss Mother and Daughter Day Basketball Sunday. Introductions at 2 p.m. followed by the Daughters Game at 2:20 and then the Mothers game 3 p.m. POC: [Julia.sibilla@us.army.mil](mailto:Julia.sibilla@us.army.mil).

## USARAF volleyball champs again winning garrison tourney



Photo by Laura Kreider

A U.S. Army Africa volleyball player attempts to block a spike by Team Millennium during a game in March. USARAF won the garrison tournament.

By Tom Hlavacek  
*Special to the Outlook*

Outside hitters Carlos Fuentes and James Watson combined for 12 kills and came up strong when the big plays were needed to lead U.S. Army Africa to their second consecutive team title in the annual garrison unit-level championship hosted at the Post Fitness Center April 26. In the finals against "The Other Team," USARAF was behind in the final game before Watson and Fuentes had some timely "kills" to turn the USARAF momentum around. Coach and team captain John Bologna praised Maria Bernasconi, Becky Watson and Sylena Schendel as being the most consistent players on the team throughout the season. They were never injured and showed up for all 17 games. USARAF played several games with six players and they never left the floor. In the championships, USARAF won without Chris Hirata, Stephanie Tutton and Juan Ramon because of military commitments.

USARAF rolled thru the final game just like they did all season long. They won over "The Other Team" 25-16, 25-17 in the first game. The 2nd game was closer with scores of 25-23, 25-23 finishing with a 19-0 record. Last year USARAF finished with a 13-0 record. Tournament director Ricky Jackson praised coaches John Bologna and Steven Williams for, "their teams' good sportsmanship and fair play." Bologna said. "It is nice to go two consecutive years undefeated."

Tournament bronze medalists went to Team Millennium.

Next up is the IMCOM-Europe Unit-Level Volleyball Championships, May 12-13, Warner Barrack, Bamberg, Germany. The top active-duty Soldier-volleyball players Europe-wide will converge and compete. In the IMCOM-Europe unit level basketball championships conducted in March, the USARAF played sixth. These unit level events are military — only with units competing against other units.

Open volleyball play continues on Tuesdays. All players are invited to open volleyball play starting at 6:30 p.m.